



WINGS SPREAD

Measuring the fitness test

It's no longer a waist of time with body mass index

By Staff Sgt. C. Todd Lopez
Air Force Print News



Master Sgt. Oscar Ortiz, Air Education and Training Command Computer Systems Squadron, jogs Wednesday morning during a workout at the base fitness center. (Photo by Master Sgt. Lee Roberts)

WASHINGTON – Air Force officials are making a few changes to the physical fitness test used to assess the fitness of Airmen.

In January 2004, the Air Force underwent a major change in the way it looked at fitness. As part of the Fit to Fight program, the service adopted a more stringent physical fitness assessment that measures aerobic fitness, physical strength/endurance and body composition.

Now, 18 months into the program, senior leaders are ready to tweak the assessment to make it even better, said Lt. Gen. (Dr.) George Peach Taylor Jr., Air Force surgeon general.

"We have gotten together a group of scientists and done surveys asking folks if they like the assessment and are there issues with it," Dr. Taylor said. "This last year we brought an update to Corona and are now in the middle of updating a few changes to the Air Force instruction that defines the fitness evaluation."

Updates to AFI 10-248 will include a change in how body composition is measured, a new table for the running portion of the test that takes into account the runner's elevation, and a change in the number of days an Airman must wait before retesting after having scored in the marginal category.

Under the original fitness evaluation, body composition scores were based on abdominal circumference only. The updated AFI will now direct that body composition also be measured using body mass index.

BMI is calculated by dividing weight in pounds by height in inches squared, and multiplying the result by 703. According to the Centers for Disease Control and Prevention, those with a BMI between 18.5 and 24.9 are considered to be normal. Those with a BMI of 25 or above are considered overweight.

Fit to Fight Changes	
Current	New
Body composition based on circumference	Body composition based on circumference and body mass index BMI = weight divided by height in inches squared, multiply total by 703
Retest • poor scores retest in 90 days • marginal scores retest in 180 days	Poor and marginal scores retest in 90 days
No differentiation in running scores based on altitude	Running scores adjusted for high altitude installations Altitude formula based on National Collegiate Athletic Association

Under the updated AFI, Airmen with a BMI of less than 25 will earn the full 30 points for body composition. For Airmen who score a BMI 25 and above, Dr. Taylor said the results of the waist measurement would be used to calculate their test score.

"That will still be an important measure of their health," he said. "Waist measure is closely related to increased risk for metabolic syndrome, diabetes, hypertension and heart disease. Fat distribution is the critical indicator, as opposed to weight."

For those who score marginal, between 70 and 74.9 points, the Air Force plans to correct the time to retest at 90 days; currently, retest for marginal category is 180 days. This will be consistent with the retest time for poor scores, those less than 70.

Changes to the AFI will also include adjustment for those at high-altitude installations. This applies to those at installations with an elevation of 5,000 feet or greater, Dr. Taylor said.

"We'll use the formula for altitude calculations recommended by the National Collegiate Athletic Association," he said.

The Air Force continues to look at ways to improve the fitness evaluation and remains committed to the Fit to Fight program, Dr. Taylor said, because the program has proven successful.

"Participation at fitness centers is up 30 percent now," he said. "And if you go to the field, like in Iraq or Afghanistan, you will find a continued focus on health."

The assessment is not the focus of the fitness program, but a tool to assess the commander's fitness training program.

"I want to make very clear that my focus is not on passing a fitness test once a year," said Gen. John P. Jumper, Air Force chief of staff, in his Oct. 17, 2003, Chief's Sight Picture. "More important, we are changing the culture of the Air Force. This is about our preparedness to deploy and fight. It's about warriors. It is about instilling an expectation that makes fitness a daily standard -- an essential part of your service."

Dr. Taylor said he hopes the changes to the AFI will be made by late August or early September.

12th Flying Training Wing Training Status												
Pilot Instructor Training <div>As of Monday</div>			Navigator, EWO Students				Wing Flying Hour Program					
			562nd FTS		563rd FTS		Aircraft	Required	Flown	Annual		
Squadron	Seniors	Overall	CSO/NFO		CSO		Graduate EWO	T-1A	9353.0	9505.4	12,184	
99th FTS	0.0	1.7	USAF	237	OPS	27	International	0	T-6A	13200.0	13494.1	17,290
558th FTS	-3.6	-3.0	Navy	44	Advanced EW	22	EW Course	0	T-37B	6970.8	7121.5	8,444
559th FTS	-12.0	-3.6	International	3	Integration	19	Intro to EW	0	T-38C	7441.0	7516.2	10,204
560th FTS	0.2	0.4	Total in Training	284		68		0	T-43	3273.2	3283.7	4,293
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.					The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.				

AIR AND SPACE
EXPEDITIONARY
FORCE

As of Monday, 56 Team
Randolph members are
deployed in support of
military operations
around the globe

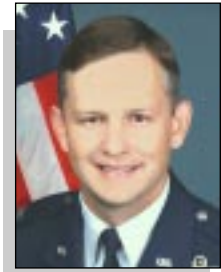
“**PROTECT
YOUR
WINGMAN**”

DUI...
It's a crime
not a mistake

Team Randolph's
last DUI was
February 13, 2005

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman
12th Flying Training Wing commander

Agency Contact Numbers

12th FTW IG	652-2727
12th FTW Legal Office	652-6781
Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Straight Talk	652-7469
Transportation	652-4314



**Dedicated
June 20, 1930,
Randolph celebrates its
75th Anniversary in 2005**
Graphic by Michelle DeLeon

WINGSPREAD

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Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Saying Goodbye: Airmen gain, lose with each new assignment

By Chief Master Sgt. Mark Anderson
Air Education and Training Command

I had just finished an inspector general trip at Sheppard Air Force Base, Texas, and was on my way to another meeting at Offutt AFB, Neb. It was a cold, rainy day and the ride from Wichita Falls, Texas, to Dallas on a small airplane with the wind blowing at 25 mph was going to be fun. Fortunately, amidst the rain and wind, things took a turn for the better and I was reminded of the Air Force family I belong to.

As I sat in the airport, I watched three new Air Force troops waiting to leave for their first duty station after completing technical school at Sheppard. They were dressed in service dress, looking sharp and talking about their upcoming leave before reporting to duty.

As we boarded the plane, the troops sat on the opposite side of the aisle from me. The plane taxied out onto the runway and we took off into the wind. The next sight was one I quickly remembered experiencing



Chief Master Sgt. Mark Anderson



myself, almost 23 years ago.

As the aircraft climbed, one of the Airmen turned and looked out onto the base, taking one last look at his Air Force home and wondering what lies

ahead. He just kept staring and then he raised his hand and waved out the window, just as if someone was standing on the ground looking up and waving back. As we circled the base I couldn't help but watch as he gave one final wave to say goodbye and thank you to his Sheppard family.

We all gain and lose a little from every location we visit and live. It is just a fact of life. Every place provides an opportunity to make a difference, but it is up to each of us to seize it.

The Airman on the plane took a little bit of Sheppard with him, but I have a feeling he left a little of himself behind as well. His innocent wave was one of thanks to the many people who weren't able to witness it.

We all have an effect on people whose paths we cross. I hope it is a positive one like the people at Sheppard had on this young man.

My intent is to let everyone in Air Education and Training Command know the young men and women appreciate all your time and efforts. You just might not be able to see the faces and waves above the field.

**Professionalism, integrity, humility
Qualities which make the difference between good, great**

By Lt. Col. Jeff Smith

47th Operations Support Squadron commander

LAUGHLIN AIR FORCE BASE, Texas (AFPN) – Why does the Air Force continually attempt to mentor, develop and shape us as Airmen?

It's not because the Air Force needs good men and good women; rather, it's because the Air Force needs great men and great women. We need individuals willing to take the personal tools they've been given and diligently forge them into skills of greatness, greatness for service to humanity.

As I reflect on the great men and women that I have been honored to serve with, I have noticed three distinctive characteristics that make the difference between good and great: Professionalism, Integrity, and Humility.

Professionalism is ensuring that the job we are given is done right. When we complete a task, we must be willing to sign our name to it and consider it a reflection of who we are and what we bring to the fight. Our deeds define our reputation and our reputation defines our lives.

Do not be fooled. When the uniform comes off and the duty day is over, professionalism does not get hung in the closet. Our professionalism is not defined by the clock on the wall; rather it is defined by who we are every moment of

every day. Whether in blues in parade, BDUs in battle, or jeans at a club downtown, we must all reflect professionalism.

If professionalism is doing the job right, then integrity is doing the right job. While professionalism is a reflection of our lives, integrity is the banner of our heart. A man or woman who cannot be trusted will never reach the level of greatness that our military calling requires.

My father taught me that it takes a long time to build trust but only a moment to lose it. Our lives, what we say, what we sign and what we claim to believe cannot be laden with folly. In our profession, there is simply too much at stake. Instead, we must build a banner of integrity that is beyond reproach, beyond question.

Finally, it is the virtue of humility that will lead our lives to greatness. We are taught to "do nothing out of vain conceit or selfish ambition, but in humility consider others greater than ourselves."

A man without humility risks intoxication by his own perceived power. True greatness will only be found in those rare individuals that seek wise council, admit when they are wrong and allow others to take the credit for success.

Professionalism, Integrity, Humility: characteristics that empower our ability to serve. Our individual challenge is to continually develop all three, making the difference between good and great.

Congratulations Retirees

July 13

Maj. Mark Dralle
563rd Flying Training Squadron

Today

Maj. Juaquin Bradshaw
19th Air Force

Thursday

Master Sgt. Darryl Duffie
Air Education and Training Command

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

Sensible precautions prevent swimming mishaps

In light of July 4th tragedies, Canyon Lake resident offers water safety tips

By Geff Willstrop
Air Education and Training Command
Computer Systems Squadron

Reflecting back on the drowning deaths that occurred at Canyon Lake over the 4th of July weekend, I am not only saddened by these tragedies but am also convinced they were senseless and preventable.

Living at Canyon Lake, it hits home even more that the lake is developing a reputation as being dangerous. This undeserving label couldn't be farther from the truth, but the fact of the matter is, people read headlines and equate tragedies to the fault of the lake rather than carelessness on the part of victims.

The lake does have some inherent dangers, as do all bodies of water, but none that threaten people who swim in designated areas, boat safely and don't add alcohol abuse to the equation.

Canyon Lake received its name because it was a large canyon with the Guadalupe River running through it before it became a lake. The Army Corps of Engineers built an earthen dam at the east end of the canyon to

provide flood control for New Braunfels 20 miles downstream.

The lake has about 80 miles of shoreline, but only nine safe places to swim. The swimming areas, listed in order from the northeastern edge of the lake going around the lake counter clockwise, are North Park, Randolph Recreation area, Jacob's Creek Park, Ft. Sam Houston Recreation area, Canyon Lake Park, Potters Creek Park, Cranes Mill Park, Comal Park and Overlook Park.

The only swimming areas with lifeguards are the Randolph and Ft. Sam Houston parks. These areas offer safe places to swim with gradual slopes out to deeper water. As with all swimming areas, children should be watched carefully and should always wear a Coast Guard-approved floatation device.

Swimming anywhere other than the nine designated areas is extremely dangerous. To get an idea of what the bottom is like, you just have to look at the shoreline. If the shoreline is a cliff, you can bet that it is a shear drop-off to depths in excess of 100 feet. If the shoreline is sloping, then most likely so is the

lake bottom leading away from the shore.

When the lake was first built, the area was not completely deforested. In some areas, like around King's Point, there was no deforesting and to this day some trees stand 10 feet above the water 100 yards from shore.

Scuba diving in the lake is like gliding through a ghost forest featuring leafless trees draped with discarded fishing line. Wood requires air to rot, so these trees will be there – and dangerous – for many years to come.

Off the peninsula at Comal Park, the swimming area on the east side gradually slopes away from the shore. In contrast, the west side, where the original riverbed runs, features depths in excess of 130 feet straight down from the shoreline. The teenager who drowned July 4 was swimming in that area despite posted signs warning of shear drop-offs. In the summer of 2000, a Chilean national drowned in the same area and his body has never been recovered.

The 35-year-old woman who drowned during the 4th of July weekend went down in water as deep as 150 feet at the east end of the lake near the dam. She and her companions violated several basic safety rules, which put them at risk. They had been drinking alcohol, took a boat out at night, jumped into the water and did

not leave a tether line afloat. When the boat drifted away, the woman could not make the swim to catch up to it.

Canyon Lake can be a great place for recreation if people take proper safety precautions. First among those is to swim in designated swimming areas only.

If you are boating and stop in the middle of the lake to cool off, make sure anyone who enters the water is wearing a Coast Guard-approved floatation device. If swimming from a boat in the middle of the lake, always put out a 20- to 30-foot rope with some sort of floatation device attached to it in the event the wind picks up and blows the boat away. Swim between the boat and the end of the line so you can grab it if the boat drifts.

Most importantly, if you drink, do so responsibly. Water and alcohol don't mix. The effects of alcoholic beverages increase out on the water due to the motion of the boat and the glare of the sun. The legal blood alcohol content limit for boating under the influence is the same as for driving under the influence: .08. A BUI is also a felony.

I've enjoyed the many recreational activities Canyon Lake has to offer for many years. I swim, boat and fish safely and never take risks that put me or others in danger. I encourage you to do the same, whether it's on the lake, in a river or in your backyard pool.

News

AETC IG wins Flynn Award, again

By Capt. Gideon McClure
Air Education and Training Command Public Affairs

The Air Education and Training Command inspector general's inquiries and complaints division won the 2004 John P. Flynn Inspector General Award. It is the third straight year the AETC division has won.

This annual award is presented to the outstanding complaints and investigations program offices at the installation or wing level; and also at the major command, numbered air force, direct reporting unit or field operating agency level.

Although the AETC inspector general's office also won the award in 2002 and 2003, this year's team was able to improve upon its past performances.

According to Lt. Col. Oran Carroll, AETC complaints resolution officer, the effort that was put into training

and providing information to the field IG offices in 2004 was crucial to AETC being named the Air Force's top inspector general inquiries and complaints division once again.

"We hosted training workshops, energized our quarterly newsletter and revamped our website to keep our field IGs updated on policy changes and ways to better serve our troops," Colonel Carroll said. "We also exploited every electronic capability available to process complaint cases faster and more efficiently."

In addition, this year's staff also established and manned a 24-hour toll-free hotline for members across the command to report previously unreported incidents of sexual assault at any AETC base during the last 10 years.

General Flynn, the award's namesake, was a former Air Force inspector general, flew in three wars and served as the ranking prisoner of war for five years in the Hanoi Hilton. General Flynn died in 1997.



Lt. Gen. Steven Polk, Air Force Inspector General, with AETC IG team members (left to right) Inez Williams, Anita Weeper and Lt. Col. Oran Carroll, after the team won the John P. Flynn Award for the third straight year. (Courtesy photo)

New housing allowances won't result in pay cut

By Army Sgt. Sara Wood
American Forces Press Service

WASHINGTON (AFPN) – Defense officials are eliminating the "geographic rate protection" clause that ensures servicemembers moving to a new area receive the same housing allowance as those already living there.

Geographic rate protection is expiring in January because basic allowance for housing rates have reached a level where servicemembers no longer have to pay out-of-pocket expenses for housing, said Col. Virginia Penrod, the Defense Department director of military compensation.

Colonel Penrod stressed that the housing allowance rate is set at the average housing cost for the area. Rates are further set based on military rank, with each pay-grade level having a set acceptable standard of housing.

Servicemembers may still have to pay some out-of-pocket expenses if they choose to live above that level. Conversely, if servicemembers choose to live below the average level, they will still receive the same BAH rate.

Servicemembers still have "individual rate protection" as long as they stay within the same geographic area. If average housing costs in a given geographic area go down, people already living in that area continue to receive the higher amount.

However, servicemembers moving

into that area receive the lower amount. Geographic rate protection was a temporary protection put into effect to prevent people of the same pay grade living in the same area from getting different amounts of housing allowance.

Rate protection was instituted in 2000 to ensure BAH rates were the same among like-pay grade individuals living in the same area while troops were still paying part of their own housing expenses, Colonel Penrod said. Now that housing allowance rates are high enough to cover servicemembers' entire housing expenses, geographic rate protection is not necessary, she said.

"It was a short-term program," she said. "We always had in our minds that

we would eliminate the protection once the out-of-pocket (expenses) went to zero."

Under the new BAH guidelines, a servicemember moving to a new area will receive the appropriate allowance rate for that area, regardless of whether troops already living there are receiving a higher rate, the colonel said.

Colonel Penrod said the change makes financial sense.

"We're adjusting rates to where they should be," she said.

Each year, BAH rates are adjusted with input from military housing offices in the area. If it is determined the rate needs to be increased, all servicemembers living in that area will receive the increase.

Colonel Clark arrives

New 12th FTW vice commander brings wealth of experience

By Bob Hieronymus
Wingspread staff writer

Col. Richard Clark assumed the position of 12th Flying Training Wing vice commander June 20, replacing Col. George Duda. Colonel Clark comes here from an assignment at the National War College in Washington. Colonel Clark brings a wide background of military experience to the job. He was born in Frankfurt, Germany, where his father was on duty with the U.S. Army, but he claims both Oakland, Calif., and Richmond, Va., as home towns where he grew up. He graduated from the Air Force Academy in 1986 with a degree in management.

After graduating from pilot training at Laughlin AFB, Texas, the colonel flew as a co-pilot on the Looking Glass EC-135 at Offutt AFB, Neb., before transitioning into the B-1 Lancer bomber. He is a command pilot with 4,000 hours total flying time, most of that in the B-1. He served tours at three of the four bases where the B-1 has been operational, McConnell AFB, Kan., Dyess AFB, Texas, and Ellsworth AFB, S.D.

It was while he commanded the 34th Bomb Squadron at Ellsworth AFB that he deployed twice to Southwest Asia.

"That's where I really saw the truth of the old saying, 'take care of your people and they will take care of the mission,'" he said. "We were flying strike missions that took us into heavy anti-aircraft fire over Iraq and we really depended on the people who flew and those who kept the planes flying. When you see the surface-to-air missiles coming up at you, you realize how much mission success

"I'm looking forward to working with the people of the 12th wing. There's a feeling here of people who are confident in themselves and in their mission. That's good. That's the kind of team attitude that will keep us together."



Col. Richard Clark
12th Flying Training Wing vice commander

depends on the whole team working together."

Colonel Clark said one mission of note was the first time the B-1, B-2 and B-52 bombers participated together in a single strike package. His flight was redirected into an area that had just been attacked to ensure target destruction even though the defenses were still fully engaged. He modestly admitted that it was for that particular mission he was awarded the Distinguished Flying Cross.

He holds master's degrees in strategic studies from the Naval Command and Staff College, in airpower studies from the School of Advanced Air and Space Studies, and in national security studies from the National War College. His thesis while at the School of Advanced Air and Space Studies was on unmanned combat air vehicles, which he said are definitely a factor to be considered for future developments.

During two years in Washington, Colonel Clark worked in the Air Force

Office of Legislative Liaison and as a White House Fellow. In the latter position he was assigned to work with the Department of Labor where he was involved with policies related to youth employment, faith-based initiatives, and HIV/AIDS education world-wide. He also traveled in Africa, observing how some of these policies were implemented.

The colonel said his wife, Amy, is certainly going to enjoy living in the San Antonio area. As a native of Houston and living in Venezuela as a child, she speaks fluent Spanish. She was a television news producer before choosing to be a full-time mother to their two children, Milo, age 3 and Zoe, age 11 months.

"I'm looking forward to working with the people of the 12th wing," Colonel Clark said. "There's a feeling here of people who are confident in themselves and in their mission. That's good. That's the kind of team attitude that will keep us together."

Death benefits, insurance increase for servicemembers

By Army Sgt. Sara Wood
American Forces Press Service

WASHINGTON (AFPN) – Compensation for the survivors of servicemembers who die in combat zones and insurance coverage for servicemembers will both increase significantly this year.

An increase in death gratuity benefits from \$12,500 to \$100,000 has already taken effect, and Servicemembers' Group Life Insurance maximum coverage will increase to \$400,000 starting Sept. 1, said Col. Virginia Penrod, director of military compensation.

"The increase in death benefits took effect May 11 and is dated retroactively to Oct. 7, 2001, Colonel Penrod said. This means that survivors of servicemembers who died between Oct. 7, 2001, and May 11, 2005, receive the increased benefits, as will survivors of servicemembers who die from May 11 on," she said.

The increased benefits are for survivors of servicemembers who die in combat zones, combat operations and combat-related situations, she said. Combat-related situations include airborne duty, combat training, demolition duty and training exercises.

A policy designating combat areas and situations was given to the individual services in June and each service is now reviewing cases. Payments already have begun, but the process of identifying and paying eligible survivors could take several months, the colonel said.

When the increase in SGLI coverage takes effect

An increase in death gratuity benefits from \$12,500 to \$100,000 has already taken effect, and Servicemembers' Group Life Insurance maximum coverage will increase to \$400,000 starting Sept. 1.

Sept. 1, it also will be dated retroactively to Oct. 7, 2001. Survivors of servicemembers who died in a combat zone, combat operations or combat-related situations between the October date and Sept. 1 will receive \$150,000 in transitional insurance, which will bring them to \$400,000.

Besides the increased coverage, DOD will pay premiums of \$150,000 for servicemembers involved in combat operations or deployed to a combat zone.

The increase of these two benefits came about as a result of a 2004 study evaluating the adequacy of death benefits for servicemembers. The study found that benefits were adequate, but did not recognize the unique sacrifice made by servicemembers who die in combat situations, Colonel Penrod said.

"There was concern that we weren't recognizing direct sacrifice of life in service to our nation," she said. "That's how the increase was made for those particular situations."

NEWS BRIEFS

Board of Trustees opening

The commander of the 12th Mission Support Group is seeking volunteers to fill a vacancy on the Randolph Field Independent School District Board of Trustees.

In accordance with Texas law, all applicants must be either a military member (enlisted or officer) or civilian, and must either reside or work on Randolph. The board is composed of five trustees, the majority of whom must be civilian.

All volunteers submitting applications will meet a nomination board. Three nominee's names will be presented to the Texas State Board of Education, which makes the final selection.

An application form may be picked up at the 12th MSG commander's office in the Taj Mahal and turned in before July 27. The selection panel is tentatively scheduled to meet August 1-2.

For more information, call Lt. Col. Jim Andersen at 652-1205.

Finance office closed today

The 12th Comptroller Squadron finance office closes today at 11:30 a.m. for an official function.

For emergency assistance, contact the Command Post at 652-1859.

AF Airmen of the Year

Air Force officials have selected the service's top enlisted Airmen, naming the 12 Outstanding Airmen of the Year for 2005.

The winners are: • Senior Master Sgt. James Davis • Senior Master Sgt. Anthony Rittwager • Master Sgt. Douglas Isaacks • Master Sgt. Robert Liles • Tech. Sgt. Michael Harris • Tech. Sgt. Paul Schaaf II • Staff Sgt. Sean Belding • Staff Sgt. Amber Mitchell • Staff Sgt. Terrence Raybon • Staff Sgt. Scott Tamayo • Senior Airman John Lockheed • Senior Airman Amber Turek

The Airmen will be honored during the Air Force Association Air and Space Conference and Technology Exposition in Washington in September.

Travel advisory for Mexico

The struggle between criminal organizations for control of the lucrative narcotics trade in Mexico is fueling violent criminal activity along the border, especially in the vicinity of Nuevo Laredo.

As a result, USNORTHCOM has published a travel advisory for Mexico. Headquarters Air Education and Training Command recommends all Airmen avoid travel into Mexico until authorities can get this situation under control. For more information, call Col. John Kinsey, 487-5003.

AAFES removes products

The Army and Air Force Exchange Service will remove products containing the solid form of pseudoephedrine from all store shelves effective July 31. The affected items will be replaced with products containing phenylephrine as a relief for sinus congestion.

IDEA Program

The Air Force's IDEA program data system is available 24 hours a day, seven days a week. All military personnel and Department of Defense civilians are eligible and encouraged to participate. Ideas can be submitted from an office computer by going to <https://ipds.mont.disa.mil/IPDS>.

For more information, call the 12th Mission Support Squadron manpower and organization flight at 652-2590.

30 YEARS AGO

in the Wingspread

☆ Having been a prisoner of war in Hanoi for more than five years, the new 12th Flying Training Wing commander, Col. Kenneth Fleenor, emphasized a message of freedom. The 560th Flying Training Squadron was retraining pilots under the Freedom Flyers program for former POWs.

☆ Two Marine Corps Harrier vertical take-off jet fighters visited Randolph for the first time.

☆ Six pilots from Randolph's Instrument Pilot Instructor School flew two H-1 Iroquois helicopters in a two-day search for a missing light aircraft in the Uvalde, Texas, area. The

aircraft was found by a Civil Air Patrol search aircraft.

☆ Maj. Gen. Robert Maloy, Air Training Command vice commander, sponsored a Vietnamese Air Force officer, Lt. Col. Tran Trung "We are so grateful to America and Americans for the chance," said the colonel. "We're alive, we're together and we're free."

☆ The recent class of 26 E-4 and E-5 Airmen at Randolph's NCO Leadership School were the first to receive credit for the course from the Community College of the Air Force.

BATTLE of the GROUPS

The Battle of the Groups competition kicked off as part of the Operation Summer Survivor: Xtreme Challenge campaign which runs through Sept. 5.

The goal of the competition is for base organizations that belong to 12th Flying Training Wing Groups or Directorates to gather as many points as they can by performing different safety checks or safety related events around base.

GROUP	TOTAL
MDG	1,614.36
MSG	427.00
OG	1,068.32
MX	669.14

“RESCUE” IS A MATTER OF PERSPECTIVE...

If life has you thinking there's no way out, it's time to call in the professionals.

Your base chaplain, the Life Skills counselors and the people at 1-800-SUICIDE (784-2433) are ready to help.

ONE SUICIDE IS ONE TOO MANY



Easing the burden *DOD changes emergency data form*

By Jim Garamone
American Forces Press Service

WASHINGTON (AFPN) – Two sad cases recently highlighted the need for servicemembers to designate who should receive their remains if they are killed in action.

The Department of Defense has changed the Record of Emergency Data Form – DD Form 93 – to require servicemembers to designate exactly who should be declared the "person authorized to direct disposition" of remains.

The change grew out of the cases of a Soldier and a Marine killed in Iraq earlier this year. In both cases, the men – both unmarried – had not designated a person authorized to direct disposition, and their parents were divorced.

"The tragedy of loss in the two cases was compounded for the surviving parents because neither one was granted sole custody of the servicemember when they were divorced," said John M. Molino, the deputy undersecretary of defense for military community and family policy.

Mr. Molino made the statement in letters to California Rep. Sam Farr and Nevada Rep. Shelley Berkley. With no one specified as to whom should receive their remains, the services followed long-standing rules. In these cases, the older parent received the remains. In the Soldier's case, burial was delayed for weeks until a court ruled on the situation. The Marine's case is still pending.

Previously, servicemembers could volunteer information on persons authorized to direct disposition of remains. The change will make that information mandatory.

Retirees find wealth of services at base office

By Jennifer Valentin
Wingspread staff writer

The Randolph Retiree Office offers retired military, their family members and surviving spouses a place to go for activities and information.

"Our office is a great place for a retiree to quickly register a vehicle or seek information on topics such as tax help, defensive driving and much more," said Retired Col. Jim Scarff, retiree office director.

The retiree office is a central source of information for all base services and activities important to retirees.

"We are a place for retiree concerns and complaints, which relieves the active duty agencies of that effort," said the colonel.

They publish a semi-annual retiree newsletter, designed to keep retirees informed about the latest policies and procedures that affect them.

With the combined efforts of the retiree office, personnel and finance, the office is "one-stop

shopping" for many needed services. The office also interacts with local, federal and state agencies for matters on retiree pay, social security and TRICARE benefits. On average, the office serves 150 retirees and spouses per month by telephone and in person.

Besides helping retirees and their family members with certain necessities such as government forms, personal affairs planning information and vehicle registration, the retiree office also works with the 12th Flying Training Wing in hosting the annual Retiree Appreciation Day in October.

The event is a way to say thank you to local retirees and their family members, said Mr. Scarff.

"The event includes free screenings and health check-ups, such as glaucoma screenings and blood pressure readings," he said. "There are also information tables, prize drawings and free food."

The retiree office is located in the basement of Pitsenbarger Hall. The office is open Monday through Friday from 9 a.m. to 3 p.m.

For more information, call 652-6880.

Retiree Office Services

The retiree office provides many different services:

- Issues and renews vehicle decals to military retirees and dependents
- Provides tax assistance for military retirees and dependents
- Interviews, analyzes problems and refers retirees to the proper agency
- Supplies SF Form 180 for requesting records from the National Personnel Records Center
- Sponsors defensive driving courses
- Cooperates with local government agencies
- Counsels military retirees on organizing personal affairs
- Publishes semi-annual newsletter
- Co-sponsors annual Retiree Appreciation Day
- Represents the wing command section for resolving military retiree complaints and problems

The retiree office does not provide the following, but will refer retirees to the appropriate office:

- DEERS actions
- Legal matters
- Allotments
- Awards and decorations
- Survivor benefits

Grounded in aircraft lessons

Aerospace physiology simulates flight experiences

By Jennifer Valentin
Wingspread staff writer

Before experiencing the thrills of flight, the military members who will spend most of their careers in the air must first spend a significant portion of their training time on the ground.

Providing Randolph's aircrew with combat-related human performance training to enable the use of air and space is the mission of the Aerospace Physiology Flight.

The flight has a staff of 22 people, including four officers and 18 enlisted members. The flight is responsible for educating students from a diverse array of courses including the Enlisted Aircrew Undergraduate Course, Combat Systems Officer Training, Pilot Instructor Training and the Advanced Instrument School.

"We directly support the Randolph mission by providing all physiology-related training that aircrew require for flight operations, from survival equipment to spatial disorientation," said 1st Lt. Kasie O'Neil, one of the flight's newest aerospace physiologists. "It's a concerted effort to enhance



Students are taken to a base swimming pool to be trained on what to do in the event of an aircraft crash in water. (Photo by Steve White)

mission performance and focus on mishap prevention."

The Randolph Aerospace Physiology Flight is also the only one in the Air Force that trains pilots and students through the Latin American Program,

said Senior Airman Kelly Thomas, aerospace physiology technician.

"We are fortunate that we have the opportunity to extend our expertise to support the training for our allied aircrews," said Airman Thomas.

A large part of our mission is to prepare aircrew members to correctly respond and recover in the event of any physiological threat associated with high altitude flight, said Airman Thomas. This is done through the use of the altitude chamber.

"The altitude chamber provides a controlled training environment for aircrew to experience high altitude hazards, such as hypoxia, night vision degradation or trapped gas," said Airman Thomas.

A vacuum pump removes the air from the chamber, reducing the pressure equivalent to an altitude of 35,000 feet. Without supplemental oxygen, the students quickly experience the signs and symptoms of hypoxia and gas expansion. This provides an opportunity to respond to simulated in-flight emergency situations and to use their life support systems when needed, said Airman Thomas.

"We have to train the members to be aware of the threat and instill confidence in their oxygen equipment," said Lieutenant O'Neil. "Three to five minutes in the chamber without

See Aerospace on page 7

Bioenvironmental flight protects base from hazards

By Jennifer Valentin
Wingspread staff writer

The responsibility of ensuring every person on Randolph is safe from health hazards in his or her office and home rests on the shoulders of 12 people.

These people make up the Randolph Bioenvironmental Engineering Flight, which provides health risk assessments for military and deployed environments.

"HRAs are based upon health hazards we identify in the workplace and in the environment," said Capt. Jon Black, chief of the industrial hygiene element. "We use the assessments to recommend to commanders if any appropriate action is necessary to protect the base's personnel and equipment."

The main goal of the flight is to decrease or eliminate the effects of health hazards so the mission can be completed.

The bioenvironmental engineering flight has four primary areas of responsibility: occupational health, environmental, special surveillance and Chemical, Biological, Radiological, Nuclear and Explosive readiness and response.

"Bioenvironmental engineers must be well-trained in their skills so they can successfully complete the mission responsibilities and duties no matter where they are in the world," said Captain Black.

Both home and deployed duties require the flight personnel to do HRAs, said the captain.

The main elements of an HRA include

identifying potential hazardous exposure sources in the workplace and environment; determining exposure pathways such as inhalation, ingestion and contact; evaluating the potential negative impacts of exposures, and recommending protective measures to reduce or eliminate hazards. The risk assessment process applies to Randolph and to deployed locations in other parts of the world.

"The bioenvironmental engineering career field is very diverse and requires coordination with medical, base and community members," said Captain Black. "We answer questions daily covering a wide range of subjects pertaining to health concerns."

For example, flight members evaluate the occupational health of employees performing aircraft maintenance operations, such as sanding or painting, or answer questions regarding the quality of the base drinking water.

Members may also monitor a potential radioactive source or have the chance to work with base and community agencies on planning for natural and or man-made hazards, which has been a focus since Sept. 11, said the captain.

Bioenvironmental engineering is often the first line of contact when there is a health concern in the workplace or in the environment, said the captain.

"We are able to determine the presence or absence of hazards by analyzing the air, water and soil using one of several pieces of testing or



Airman 1st Class Sandy Morrow, bioenvironmental engineering journeyman, makes sure Airman 1st Class Lucia Bloom's gas mask fits properly. (Photo by Jennifer Valentin)

See Hazards on page 7

Aerospace

Continued from Page 6

sufficient oxygen can quickly render an aircrew incapable of performing normal tasks and will lead to unconsciousness if proper recovery procedures are not employed."

During the rapid decompression profile, the chamber can be loud, foggy and cold just like real-world aircraft decompression, and students have to be prepared for such an event.

The altitude chamber also affects vision, leading to blurred vision or tunnel vision. The members are given a worksheet to complete, which includes simple tasks and math problems.

"The worksheet is designed to challenge the students and pilots and see if they can do simple tasks such as addition after they have experienced hypoxia," said Airman Thomas.

AIS students go through spatial disorientation training via a newly acquired specialized flight simulator.

"Our new trainer provides a controlled flight environment that can be manipulated to simulate spatial disorientation events," said Lieutenant O'Neil.

Navy Lt. Mike Anzalotti, a student with the AIS, has been trained on the new GAT II.

"The trainer environment really makes you think you're moving when you're not," said Lieutenant Anzalotti. "It can show you what happens when your mind plays tricks on you, and it helps you learn to trust your instruments."

Airman Francisco Arboleda is one of the most experienced operators of the GAT II and is still trying to perfect the flight training profiles to ensure students get realistic disorientation experience.

"Pilots shouldn't rely on their normal 'seat of the pants' senses when they fly at night or in weather, but instead should rely on their instruments," said Airman Arboleda. "We put them through spatial disorientation training to help them practice recovering by aircraft instruments alone."

The aerospace physiology flight also supports the Air Education and Training Command's aircrew training by providing a two-day enlisted aircrew course and a seven-day Combat Systems Officer course.

During the two-day training, students learn about the environment, oxygen equipment use and the basics about cabin pressure. During the seven-day course, CSOs receive additional training in crew resource management and G-awareness.

Survival training is another component of aerospace physiology training that reflects the broad nature of their mission.

In the CSO course, students learn how to survive in the event of a crash, whether on land or in the water, said Airman Thomas.

"We take the students to a swimming pool or to an open area and demonstrate what they should do if a crash does happen," said the Airman. "This ensures they are prepared should an emergency arise when they are in the air."

Another critical part of aerospace physiology training is the G awareness training, conducted at the centrifuge located at Brooks City Base. Instructor pilots in the PIT course must qualify on a specific centrifuge profile depending on the aircraft configuration they will fly.

For example, future T-37 instructors are required to endure 5.5 Gs for 15 seconds without the aid of G-suit protection while T-38 instructors must endure 7 Gs with a G-suit. The centrifuge once again provides a controlled environment to train students to effectively tolerate and operate in a sustained high G aircraft.

"I am very proud of the Aerospace Physiology Training Flight," said Maj. Rick Fofi, the unit's flight commander. "Every one of our Airmen is a skilled instructor committed to aviation safety and human performance enhancement."

The members of the flight are especially proud of the direct support they provide to the wing's flying training mission, said Major Fofi.

"The training that we provide in terms of situational awareness and threat



During the oxygen lab, students learn how to properly connect their life support equipment in the altitude chamber at the aerospace physiology flight. (Photo by Jennifer Valentin)

mitigation have been and always will be critical to the success of AF missions around the world" said the major. "Our goal is to ensure our aircrews are

provided with the knowledge and tools to effectively conduct their missions and employ their weapon systems in the safest and smartest manner possible."

Hazards

Continued from Page 6

sampling equipment we have available or by using our professional judgment from previous experience," said Captain Black.

As part of the global war on terrorism, the flight has increased surveillance capabilities to test for unknown or suspected chemical, biological or radiological agents. This allows them to provide base commanders information on what type of protective measures will be

necessary for a group of employees or for the base population.

The bioenvironmental engineering flight is the base office of primary responsibility for water sampling, NBC gas mask and respirator fit-testing, hazardous noise determination, thermal stress monitoring, radiation safety and CBRNE detection, and plays an active roll in base exercises as the exercise scenario develops and requires their expertise.

Through these programs, the flight protects everyone who visits, works and lives on Randolph. If the base is ever affected by a chemical or biological weapon, whether during an exercise or real-world event, the bioen-vironmental engineering flight will more than likely be the first to determine the agents involved.

"We need to keep pace with the evil-doers, maintain our vigilance and always be ready to respond," said Captain



Airman 1st Class Lucia Bloom, bioenvironmental engineering journeyman, measures the Wet Bulb Globe Temperature which is used to determine appropriate work/rest cycles as a measure to prevent thermal stress injuries.

Black. "The possibilities are endless, but require the ability to assess the health risk hazards

and communicate them to co-workers, commanders and the community."



Senior Airman LaShanta Wade, bioenvironmental engineering journeyman, performs a chlorine test on drinking water to ensure potability. (Photos by Jennifer Valentin)



A formation of PT-13 primary trainer aircraft fly over Randolph Field in the late 1930s. (Photos courtesy of Air Education and Training Command and 12th Flying Training Wing history offices)



Aviation cadets head out to their assigned BT-9 aircraft during training in 1939.

Pilot training takes off

Gearing up for war, Randolph plays a major role in air combat readiness

This article is the seventh in a series celebrating the 75th anniversary of Randolph Air Force Base.

By Bob Hieronymus
Wingspread staff writer

Monday, Nov. 2, 1931, marked the beginning of formal flight training at the newly-built Randolph Field, then known as the West Point of the Air.

Upper class cadets arrived in October from Brooks Field in San Antonio and March Field in California, bringing with them a host of cadet traditions that were to live on at the new base for decades. Having already soloed in their primary trainers and completed the primary phase of training, these fledgling pilots were no longer "Dodods" and could therefore harass the lower class who were. (Ed.: dodods are an extinct flightless bird.)

There were 210 Dodods in that first class when they faced their 113 upper classmen. The more experienced flyers made sure the first week after the new cadets arrived on base, known as Hell Week, lived up to its name. Inspections at any time of the day or night, taunts as the new cadets attempted their push-ups and sharp reminders to sit in the position of attention during meals were all part of the routine.

Then there were the physical examinations. The School of Aviation Medicine had a full portfolio of tests waiting for the new arrivals. In addition to the usual eye and chest exams, there was the "wobblometer" that tested a prospective cadet's sense of balance and the Ocker Box that demonstrated the dangers of vertigo and spatial disorientation. (Ed.: The box was named for Col. William Ocker who developed "blind flying" systems in the early 1930s. The Advanced Instrument School building on Randolph today is named in his honor.)

Medical tests also subjected the cadets to varying degrees of hypoxia to reveal any inherent disabilities that would make it difficult for them to use the oxygen systems of that day.

There was no truth, however, to the rumor spread by the upper classmen about the Dodo "reaction test." In that purported test, the cadet would be told to hold a needle between his thumb and

See **Pilot training** on page 9



Representative of the cadets of this period is Aviation Cadet Stephen McElroy who graduated from pilot training at Randolph Field in 1939. He retired as a brigadier general in 1967. Among his many assignments, he flew submarine patrols off the east coast during World War II and later was the National Commander of the Civil Air Patrol.



Randolph Field Main Gate, as it was in 1938. This guard building, originally built in 1930, was used for more than 50 years.

Pilot training

Continued from Page 8

forefinger. A pistol would be fired unexpectedly behind him. If his reaction resulted in blood on his fingers, he would be disqualified.

Failure to successfully negotiate the physical tests, as well as the many academic tests and personal observations by instructors, resulted in a one-way ticket home. Records from that time show about half of each entering class washed out in the first six weeks of training.

Second Lt. John Helms, a student in the second class on Randolph in 1932, kept a scrapbook of official photos, snapshots and operational directives. He was a 1931 graduate of West Point, so he had special status as a commissioned officer at the beginning of training.

His standing as the number one seeded tennis player at "The Point," together with his rank and pilot training status, also gave him a certain place in the San Antonio social circles where the Saturday evening dances at the Gunter Hotel were regular fare for the cadets. "The Key," a cadet-run bulletin of the period, contains references to the "merry cadet widows," the young women of San Antonio whose serial friendships were broken repeatedly by cadet graduations and reassignments. Lieutenant Helms was one who left the "widows" behind when he graduated.

In his scrapbook, Lieutenant Helms included an official sheet of instructions labeled "Strange Field Landings." With the instructor flying his own airplane, the solo students were to practice emergency landings on a field the instructor selected based on the skill level of the cadet. The first student in the flight of two to four cadets was to "drag" the field at 50 to 75 feet in order to assess the surface and wind conditions.

After all the cadets in the flight successfully landed, the instructor would land and critique the group before taking off again. Student proficiency in strange field landings was a critical requirement in those years because of the limited reliability of aircraft systems.

The cadets' instructions included this admonition related to strange field landings: "Care should be taken to select only those fields at which no inconvenience or damage to property will result. The utmost care will be taken at all times to avoid fields containing livestock, churches, school houses or other buildings where a landing might cause inconvenience to the occupants thereof. Particular caution must be used to avoid this when circling for a landing."

The east and west ramps on Randolph Field were used for all training operations. At that time, the south side of the base still had drainage problems that made regular operations difficult. Each side of the base had a stage house at the center in the hangar line. Each stage house had a mission assignment chalk board on the wall with names and status of all assigned cadets where aircraft tail numbers and pilots were matched up.

The stage houses also held the two-story loft where parachutes were hung, inspected and repacked. On the roof of each stage house was a control tower cab where air traffic controllers with light guns and radios tried to keep air traffic moving smoothly and safely. The stage house on the west ramp is now the Airman Leadership School but the exterior has been restored to its original configuration, complete with the control tower cab at the roof line. The stage house on the east ramp has been replaced by the new base operations building.

Aircraft took off and landed on the grass field closest to the hangar assigned to each flight. There were no concrete runways in the first years of Randolph operations, so wind direction determined which heading to use. The training airplanes were equipped with tail skids – tail wheels being a later development – so bringing a landing airplane to a full stop at the intended spot involved balancing the drag of the skid with short bursts of power. The procedure usually worked.

Richard Boward, who now lives in San Antonio, is the son of the first sergeant major on Randolph. He told how his family arrived a month before the base was formally dedicated on June 20, 1930. They lived in enlisted quarters on Northwest Drive (now Bldg. 475).

Mr. Boward pointed to the house on an aerial photo of the base taken in 1932 and said, "That's the house I lived in for almost 12 years, and there," he said, pointing to what is now part of the youth center, "is where I went to elementary school." When he was old enough for high school, he caught a bus at 7 a.m. and went across town to the new Jefferson High School.

The kids on base couldn't ask for a better place to grow up, Mr. Boward said. The houses were built with hollow clay tile walls and had good windows, so they didn't need air conditioning.

"We played basketball, volleyball and squash in the base gym and used the four base swimming pools. We had a roller skating rink, held dances and went to



theatrical performances in the amphitheater," he said.

The amphitheater and a swimming pool were located in what is now an open space across from the base operations building.

"We were even allowed to use the base rifle range with its moving duck targets after duty hours to practice with our .22 rifles," he added with a laugh.

Another advantage the base kids had was the support of understanding NCOs. Mr. Boward told how one maintenance sergeant supervised the teenage boys as they tore down and rebuilt a military aircraft engine in a hangar. Sometimes the boys would help refuel aircraft and push them into the hangars by hand.

The cadets would practice night landings under the glare of burning phosphorous flares that were dropped by parachute over the field, Mr. Boward said. The boys would run onto the field to catch the silk parachutes and use the cloth to make model airplanes. One unusual model he recalled had a wingspan of eight feet.

Mr. Boward's father, Dick, had been a soldier in World War I and gone to the West Point preparatory school after the war. He received a reserve commission in 1923 but had to accept enlisted status in order to remain on active duty. He was recalled to commissioned service again when war broke out in 1941 and was assigned to Randolph as base adjutant.

Richard Boward enlisted in 1942, went to Officer Candidate School the next year and returned to Randolph as an 18-year-old second lieutenant supply officer. He retired from the Air Force as a colonel and served a total of 38 years in military and civil service positions.

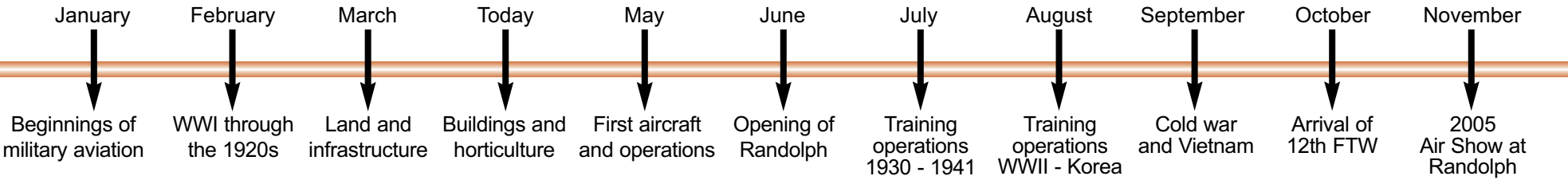
From the first cadet class that began in 1931 to August 1939, 24 classes completed primary and basic flight training at Randolph. A total of 4,798 students entered training and 2,296, or 48 percent, graduated from the basic phase.

In 1939, Congress directed the Army to increase production of aircrews in anticipation of wartime requirements. Two additional cadet barracks (now Bldgs. 903 and 907) were built to handle the new training load. Annual Army pilot production went up from about 250 a year to 2,000 and within three years, that requirement increased to 50,000.

From that point on, the whole concept of pilot training changed. Randolph's missions also changed, as will be reported in the next installment of this history.



Basic Trainer BT-9s lined up in front of the Randolph Field hangars. The BT-9 entered service in 1935 and was used extensively for training pilots throughout World War II.



Operation FLAGS

Children get firsthand look at deployment preparation

By Jennifer Valentin
Wingspread staff writer

The little boy held his mom's hand as they visited each table around the crowded room. She leaned down to him and whispered, "This is what I did before I deployed."

The boy and his mom continued walking and listening as members from the base chapel, family support center, military personnel flight and other base organizations talked about the services they offer members who are deploying and what the Airmen should expect when they arrive at their destination.

This mock deployment line "processed" base children and youth center members July 8 as part of the program Operation Families Learning About Global Support.

Operation FLAGS is a chance for children to experience the deployment process first hand. Programs similar to



Gabriel Urias (left) and Joseph Cortez inspect an M249 automatic rifle as part of Operation FLAGS at the family support center Friday. (Photo of Steve White)

Operation FLAGS are already in place at other Air Force bases.

"The event, sponsored by the family support center, is a simulated deployment processing line where children get the chance to participate and experience what their parent or parents go through before deploying," said Master Sgt. Todd Remington, family support center NCO in charge of readiness. "About 20 children and parents attended the event."

Children are sometimes scared of their parent deploying because they don't really know what goes on when they do, the sergeant said. This 'junior' deployment line gives children a better understanding of the process their mothers and fathers have to go through before deploying.

During Operation FLAGS, the children go through a mock deployment processing line with many of the various base agencies their parents would talk with, as well as visit various equipment, uniform and chemical gear displays.

This is the third time Randolph has hosted Operation FLAGS, and looking back, event officials said the events have been successful.

"I'm extremely happy with how things have gone," said Sergeant Remington. "We had a lot of people step up to do everything from building the mock mobility folders, to hanging camo nets and operating the actual deployment functions. We hope to host many more of these in the future."

Air Force Services Agency

Supporting the military family for more than 200 years

By Steve VanWert
Air Force Services Agency

During the Revolutionary War, if George Washington slept there, a services employee probably arranged for his billeting.

American morale, welfare and recreation programs were first introduced during the Revolutionary War. The nation's first soldiers sang, raced horses, presented skits and played jokes while in camp, all in the spirit of maintaining morale. Programs created to serve the military, including billeting, food service and mortuary affairs, trace their roots to Valley Forge and beyond.

That was just the beginning. During the Civil War, soldiers played baseball, boxed, held foot races and enjoyed performances by minstrels and comedians. During World War I, President Woodrow Wilson, responding to a report on the low morale and poor conditions plaguing the American Expeditionary Forces, established the Morale Branch, with its Commission on Training Camp Activities. Their job was to provide facilities and means for entertainment, recreation and education of the thousands of citizen soldiers.

Music for the troops, which started in the 1700s with Army fife and drum corps, got a boost 200 years later when an Army infantry sergeant named Isreal Baline, stationed at New York's Camp Upton in

Yaphank, Long Island, organized a soldier show he called "Yip Yip Yaphank." That soldier would become famous as Irving Berlin, a composer who left the Army and the nation a musical legacy and tradition still in place today.

Decades later, Air Force entertainment, featuring Tops In Blue, the Air Force Expeditionary Entertainment Troupe made up entirely of active duty Airmen, sings and entertains hundreds of thousands of American fighting men and their families worldwide.

In 1920, the Army Motion Picture Service was established, followed by the founding of service clubs during World War II.

The Services and MWR tradition is still in place, as well. Air Force MWR got its start as part of Army Special Services prior to the Air Force becoming a separate service in 1947. In 1972, the Air Force Welfare Board Secretariat and non-appropriated fund financial matters office collocated with Headquarters Air Force Military Personnel Center and the directorate of MWR. In February 1991, MWR designated as a field-operating agency as part of Air Force reorganization.

The Air Force Services Agency, located at San Antonio, Texas, became the Air Force Morale, Welfare, and Recreation Center, and activated as a field-operating agency Feb. 5, 1991. It re-designated as the Air Force Morale, Welfare and Recreation Agency Aug. 1, 1991.

In 1993, MWR and Services merged Air Force wide. On Jan. 1, 1994 it received its present name, Air Force Services Agency, reflecting the merger's success and focusing directly on what its programs are all about – service.

Today, Air Force Services Agency's mission is simple: to support the Air Force and services leadership, major commands, field commanders and base-level services units to help accomplish the greater Air Force mission and improve quality of life for all personnel and their families.

"Services programs are critical parts of the Air Force readiness and retention program," said Col. Timothy Hanson, AFSVA commander. "Services programs contribute to readiness and productivity by promoting fitness, esprit de corps and quality of life for Air Force people."

To celebrate the history and tradition of Air Force Services, the agency is holding its inaugural dining out July 22 at the Randolph Officers' Club.

"There are traditions in the Air Force that go back to the days of Billy Mitchell and Hap Arnold," said Colonel Hanson. "One of them is the formal gathering of the organization in the mess to acknowledge its heritage. The Dining Out is rich in tradition and ceremony, but fun and entertaining in its execution."

That services tradition reaches all the way back to where and how well George Washington slept, more than 200 years ago.

Catch of the day

Right center fielder Joe Chargualaf, in the background, watches as Shortstop Greg Brown catches a line drive during intramural action Tuesday. Both Chargualaf and Brown play for Air Education and Training Command Director of Personnel's softball team. AETC/DP led 5-0 early in the game, but eventually fell to the 562nd Flying Training Squadron C-Flight 10-7. (Photo by Master Sgt. Lee Roberts)



SOFTBALL STANDINGS
as of Monday

TUE-THU INTRAMURAL				W	L
AFPC				5	1
AETC/DP				3	2
12 CON/AFMA				3	2
562nd Instructors				3	3
12 CES				2	4
562nd C FLT				1	5

MON-WED INTRAMURAL				W	L
12 CS				5	1
AETC/DO				4	2
AFRS				4	2
562nd D FLT				3	3
12 SFS				1	5
12 MDG				1	5

EXTRAMURAL				W	L
DPP				3	0
AFMA				2	1
AFOMS				2	1
AFRS				2	1
AFAA				2	1
12 CPTS				1	2
12 MSS				0	2
DPAA				0	3

Getting in shape



The new fitness center is currently under construction at 1st Street East and H Street. The estimated completion date is mid-2006. (Photo by Steve White)



GOLF STANDINGS
as of July 8

TEAM	POINTS
12 LRD	31.0
19 AF	29.0
AETC SC/CSS	28.0
AFPC	27.5
AFSAT-SVS	25.5
AETC DO-IG	21.5
AFMA	17.5
12 CS	14.0
AETC LG	13.8
AFRS	8.5